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Home Meals To Fit School Lunch

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Now that your children are back in school, they may be eating a school lunch. How should you plan your meals to fit in with this lunch to make sure that your children eat right and stay healthy?

VACATION TIME is over. Children from your home may be eating school lunches. So again you're planning your home meals to fit around those the children eat away from home.

Fortunately, in Iowa, the number of schools which participate in the National School Lunch Program is increasing each year. This means that more and more children have a "Type A" lunch available.

Briefly, the type A lunch is a complete meal, designed to meet one-third of the daily nutritional needs of the 10- to 12-year-old child. Specifically, you can count on it providing:

1. One-half pint of whole milk as a beverage.
2. Two ounces of lean meat, poultry, fish or cheese, or one egg, or $\frac{1}{2}$ cup (cooked measure) of dry beans, peas or soybeans, or 4 tablespoons of peanut butter. Or one-half the quantities of each of two of the foods may be served.
3. Three-fourths cup of vegetables or fruit, or both.
4. One or more portions of bread, muffins, or other hot breads made of whole grain or enriched flour or cereal.
5. Two teaspoons of butter or fortified margarine.

If your children eat three meals

a day and the school lunch has taken care of one-third of their needs for the day in the seven basic food groups, then your job is to plan meals that will supply the other two-thirds.

If you'll look at the chart showing the basic 7 food groups you'll see how much of each group is needed. For your planning job, you can take two-thirds of the total and that's what you need to get into your meals for the school children.

To be more specific, perhaps you may plan to have a hot breakfast cereal and either orange juice, tomato juice, sliced oranges or half a grapefruit. To these add a glass of milk—if your child likes milk, and most children do. A slice of well-buttered toast would be good. This way you've supplied 2, 4, 6 and 7 on the chart. And maybe you've supplied enough of 2 and 6 so that you won't need to worry about these in another meal.

Now we have 1, 3 and 5 to deal with. An evening meal of potatoes, any one of several cooked vegetables (peas, green beans, spinach, Swiss chard, broccoli, cauliflower or others), meat, milk to drink again, or perhaps ice cream to supply the milk and a part of the fat needed. This with carrot sticks—almost a sure bet with children—or lettuce salad will take care of 1, 3 and 5 on the chart.

Home Meals To Fit School Lunch

by Grace M. Augustine

There we are with the basic 7 taken care of for the day in the three meals—your two meals and the one at school. Of course you'll probably fill in around the edges with cakes, cookies, pudding, which may have been made in part with eggs, milk, butter or margarine, enriched flour or whole cereal, and you may have used fresh or dried fruit too.

Let's Keep Variety

Children are pretty much like we are. They don't want exactly the same foods over and over, every meal, every day. But you shouldn't have too much trouble in finding substitutes for the menu we've suggested above. For example, dried beans, peas, fish, poultry, eggs and meat can be switched around to keep your youngsters interested.

Eggs are highly valuable, and if you can work in an egg each day for each member of the family—that's fine. Try to get at least 4 eggs per person into the menu during the week. Eggs and meat and that whole group 5 are muscle builders—your growing child needs them.

If your child likes milk and drinks a full quart a day, that with the 2 ounces of meat furnished by the school lunch will take care of about two-thirds of the protein needs of the 10- to 12-year-old.

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Older children will need considerably more. And remember that you can get part of the milk consumed through ice cream, cheese or in cooked foods.

Those Economy Foods . . .

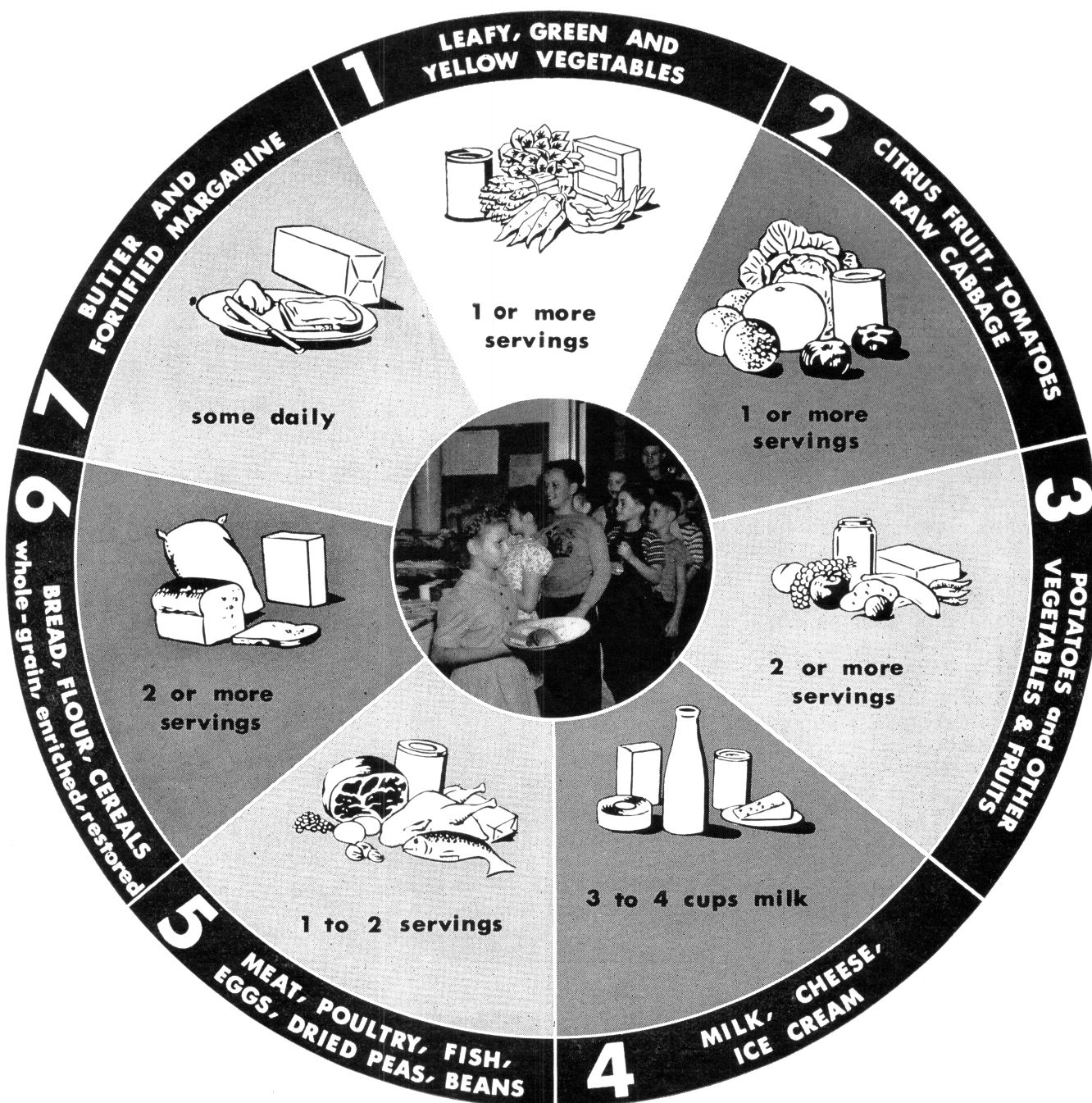
One of the foods that can help you keep down grocery costs in the number 2 group is tomatoes. You can grow them and they can substitute satisfactorily for some of the oranges and grapefruit you'd have to buy. Here again

you may run into the appetite problem, so you'll need to find out your family choices. Raw cabbage too fits into this group, so it may be an economizer in your meal planning. A tasty cole slaw with a little green pepper and onion supplies high amounts of vitamin C, the important vitamin of group 2 foods.

In group 5, there's considerable chance for you to vary the choice with economy in mind. Dried beans and dried peas can take the place of meats part of the time.

Remember, school lunches provide *about one-third* of the daily needs. Sometimes they fall below the one-third in some of the groups. Studies in a 2-week period in April show that the noon lunch didn't supply enough vitamin C, iron, protein and calories for the boys over 12. So in your "economy drive," don't forget that you may have to make up some of these deficiencies in the meals you prepare at home. That's especially true of the raw vegetables (the

THE BASIC 7 FOOD GROUPS



foods in groups 1 and 2) and meats (group 5).

School's Teamwork

For the past 4 years the School Lunch Division of the State Department of Public Instruction and the Iowa State College Department of Institution Management have sponsored a week's program at the college for cook-managers of school lunch programs throughout the state.

This year, as in previous years, the emphasis has been on providing a palatable and adequate type A lunch through a better understanding of the nutritional needs of the child, the nutrients contributed by each food, and the aspects of management which make possible the efficient operation of the school lunch program.

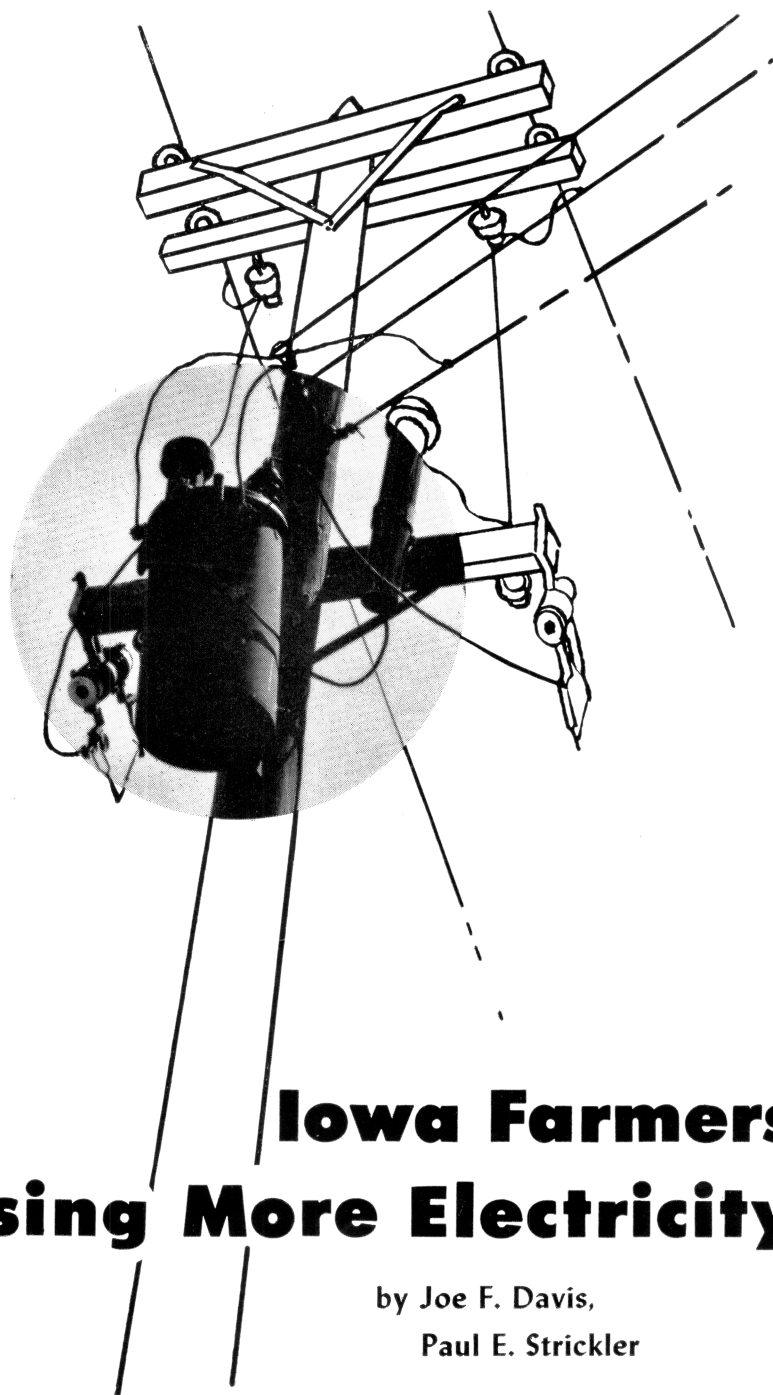
Your Part . . .

Now are you doing your part to make certain that the total day's allowances are met? A hasty, sketchy breakfast and a light supper won't do. If your family usually has its dinner at noon, then you'll need to give special attention to the school child's evening meal.

Many schools are acquainting the parents with the menus planned for lunch through the daily paper or by sending a copy of the week's menus home with the children. This is done primarily so you can avoid repeating food combinations, keep your evening meal more interesting and as a guide to show you how much of the nutrients your home meals must provide.

But adequate meals aren't the whole story. Have meal times been pleasant? Are they regular and unhurried? Do they provide the opportunity to learn to like a wide variety of foods? Are the meals, the meal times, and the meal time surroundings such that they'll help develop good food habits?

These are but a few of the questions to which you'll want to be able to answer "yes" as your children start back to school. The school lunch and home meals plus teamwork can build healthy children but it takes your whole-hearted cooperation.



Iowa Farmers Using More Electricity

by Joe F. Davis,
Paul E. Strickler

Condensed from "Electricity on Farms in the Eastern Livestock Area of Iowa," USDA Circular No. 852.

EASTERN IOWA farmers have more than doubled their use of electricity since the late 1930's.

This increase came from two

JOE F. DAVIS and PAUL E. STRICKLER are agricultural economists, Bureau of Agricultural Economics, USDA. The study reported in this article was a cooperative project of the Iowa Agricultural Experiment Station and the BAE.

sources: More farmers have electricity on their farms, and they're using more electricity per farm. And we can expect use of electricity on these farms to continue to increase.

Those are the highlights of a study we made on the use of electricity in eastern Iowa. We chose eastern Iowa for our study partially because farmers in that section of